

Proposed text messages	<p style="text-align: center;"><b>Comments</b></p> <p>Please circle the response that best reflects how you feel about the text message – is it like to help you or unlikely to help you?</p> <p>Please add any comments you might have in the box next to the message</p>
We are coming to the end of summer - don't be fooled some days the UV Index is still high. Check the weather in advance and apply sunscreen if you need too!	Likely or Unlikely
Do you know your skin type? Light coloured skin burns more easily. Make sure to protect yourself – check our app for tips!	Likely or Unlikely
Sunburn puts you at risk of developing skin cancer. Protect yourself with sunscreen, cover with clothing & seek shade	Likely or Unlikely
Its not only you who suffers if you develop skin cancer – what about your family? Protect yourself from the sun.	Likely or Unlikely
Sunburn puts you at risk of developing skin cancer. Protect yourself with sunscreen, cover with clothing & seek shade	Likely or Unlikely
When its hot out there – stay hydrated and drink plenty of water!	Likely or Unlikely
There's no healthy way to suntan. Tanning = skin damage. Protect your skin	Likely or Unlikely
Healthcare professionals recommend applying sunscreen daily over summer to protect the skin from sun damage	Likely or Unlikely
Burnt skin puts you at a higher risk of developing cancer. Cover up with clothing & sunscreen	Likely or Unlikely
Sunscreen is not just for holidays – its for life!	Likely or Unlikely
Every day in summer, apply sunscreen to all sun-exposed areas of the body	Likely or Unlikely
Are you taking steps to protect yourself from the sun? Good work!	Likely or Unlikely
Taking sun protective measures will help reduce your chances of developing skin cancer	Likely or Unlikely

Excessive sun exposure ages your skin - protect is with sunscreen	Likely or Unlikely
The UV Index is high – seek shade during midday hours, cover up & wear sunscreen	Likely or Unlikely
Healthcare professionals recommend applying sunscreen daily over summer to protect the skin from sun damage	Likely or Unlikely
Every day in summer, apply sunscreen to all sun-exposed areas of the body	Likely or Unlikely
Sun’s out, guns out? Think again, protect your skin with sunscreen & cover up	Likely or Unlikely
Be strong – keep healthy and stay safe in the sun	Likely or Unlikely
Be wise – examine your skin regularly	Likely or Unlikely
You are smart – check your moles	Likely or Unlikely
Prevent your skin from being described as: “dry, cracked, scaly, blistered, and scarred.” Apply sunscreen daily!	Likely or Unlikely
YOU can do it! Avoid getting sunburnt. Use sunscreen.	Likely or Unlikely
YOU can do. It! Check your moles	Likely or Unlikely
The sun’s UV rays are strongest between 11am and 3pm – stay in the shade during this time	Likely or Unlikely
You don’t have to get blisters or peeling	Likely or Unlikely
Reduce your risk of skin cancer NOW - don’t get burnt	Likely or Unlikely
Sunburn in childhood increases skin cancer risk in adulthood	Likely or Unlikely

Detecting a skin cancer early enough will save your life	Likely or Unlikely
Too much sun = ageing skin and wrinkles	Likely or Unlikely
Too much sun = blotchy skin	Likely or Unlikely
Too much sun = sore skin	Likely or Unlikely
Too much sun = skin cancer	Likely or Unlikely
Tanning beds average 13 on the UV index, which puts you at risk for dry skin, nausea, premature wrinkling, skin infections, and skin cancer.	Likely or Unlikely
No sunburns = no pain, no hurting	Likely or Unlikely
Too much sun increases your risk of skin cancer	Likely or Unlikely
Most skin cancers are cured if discovered early, so please check your skin for irregular spots. Consult a doctor if you see something	Likely or Unlikely
Use factor 30 or above to avoid getting sunburnt	Likely or Unlikely
Look for changes in moles	Likely or Unlikely
Stock up with Factor 30 sunscreen during the summer months	Likely or Unlikely
Pop that sunscreen and your sunglasses in your bag	Likely or Unlikely
Re-apply sunscreen every 2-3 hours	Likely or Unlikely
Quickly check your moles each month when in the shower	Likely or Unlikely

Pop that sunscreen in the shopping basket	Likely or Unlikely
Playing football today? Slap the sunscreen on	Likely or Unlikely
Having a shower? Check your skin	Likely or Unlikely
Keep that sunscreen in your bag just in case you forget	Likely or Unlikely